



Sit* and Be Fit

***Plus some standing stretches!**

To release tension, achieve relaxation, improve endurance, flexibility, body alignment and balance

Try a FREE! Yoga class

Chair Yoga

Instructor: Joy Ann Graham

A 20 minutes class on Wednesdays at 12:10
(first session: January 20, 2010)

No need to change clothes. No mats.
Come as you are!

Location: Lodi Public Library
Community Room
201 West Locust Street.

For more information contact Behjat Kerdegari at 209-333-5503
Or go online to: www.lodi.gov/library